RESUME Do's & Don'ts

In creating your resume, ALWAYS:

- •Honestly summarize your skills and work experience, including technologies <u>you are</u> <u>familiar with</u>, such as spreadsheet or database software, computer systems used, etc
- Update your resume as you make career or educational changes.
- •Use *bullets* where appropriate.
- •Use short paragraphs—no longer than five lines.
- •Use conventional English. Stay away from multi-syllable words when a one- or two-syllable word is clearer.
- •Make sure your resume and the cover letter are error-free. Proofread and have others proofread for you as well.
- •Rewrite a resume for a specific position with a specific company. It's extra work but may very well pay off.
- •Include your significant contributions at each of your jobs.
- •Allow the most

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New Hampshire Career Resource Network
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space for the positions that are most relevant to the position for which you are applying.

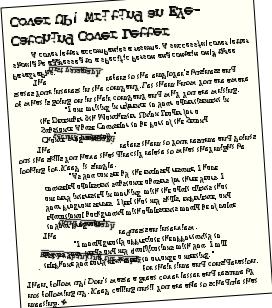
- •List your involvement with professional, trade and civic associations—but only if they are appropriate.
- •Keep a permanent file of your achievements, no matter how inconsequential they may seem to you. This is the basis for a good resume.
- •Give each of your references a copy of your resume.
- •Reread your resume before every interview— chances are the interviewer did just that, too.
- •Send your resume in the timeliest manner possible. Fax or e-mail your resume when appropriate.

In creating your resume, NEVER:

- Never lie.
- •Never give reasons for termination or leaving a job. In most cases, the reader can find negative connotations to even the best explanation.
- •Never include your height, weight or remarks about your physical appearance or health.
 - •Leave out your Social Security au number,

- spouse's occupation and personal philosophies.
- •Never list hobbies, sports or social activities.
- •Never list technologies for which you have no work experience under "experience."
- •Never state
- "References Available on Request." It's assumed, and only clutters the resume. Never list references.
- •Never use exact dates; month and year are sufficient. Don't put the date your resume was prepared. If your search takes longer than a few months, the resume will look outdated.
- •Never include your company phone number unless your immediate

- boss is aware of your planned departure.
- •Never list your high school or grammar school if you're a college graduate.
- •Never state your objectives on your resume unless the resume is targeted to that position or occupation.
- •Never use professional jargon unless you're sure the resume will be read by someone who understands the buzzwords.
- •Never use so-called action words like *sparked*, *accelerated* or *streamlined*. They're passé.
- •Never provide salary information on your resume. Save it for the interview. If you are required to give that information, do so in the cover letter. ❖



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